



SAMPLE of CONTENTS
All Is Always Now , T.S. Eliot
Be Silent , Meister Eckhart
Behold Me , Black Elk
Beloved, It Is You , Teilhard de Chardin
By Love , <i>Cloud of Unknowing</i>
Come, Let Us Soar , Jean-Pierre de Caussade
Enjoying the World , Thomas Traherne
Enthrall Me , John Donne
God's Life , Richard Rohr
How I Love You , Julian of Norwich
I Am You , Jeladuddin Rumi
I Love You , Rainer Maria Rilke
Jesus Prayer
Let Go , Lama Surya Das
Returning to the Source , Lao-Tzu
Take Courage In God's Presence , Psalm 27
The Only One OF Being , Lawrence Kushner
Unfolding Like A Rose , Angelus Silesius
With Grace and Glory , St. John of the Cross
Worship , <i>Letter to the Hebrews</i>
Your Breath in the Soul , Hildegard of Bingen

INTRODUCTION

This little book of Anglican Rosary meditations is offered to those who wish to use the Anglican Rosary for private meditation practice. It assumes a certain proficiency in using the Anglican Rosary. This little collection is offered to help users of the Rosary find appropriate prayers that will support their meditation practice as a way into the contemplative state ...

These prayers are metered to be paced with the breath. The first phrase is to be said with the intake of the first breath. The second is offered with exhalation. Each bead, as a general rule, therefore, is given a full breath, inhalation and exhalation... Be aware, however, that many of the beads are marked to take more than one breath, sometimes two or even three.

It is recommended that one peruse through these prayers and with the heart choose one that seems to particularly catch the attention and then practice it for a period of time, perhaps daily for at least a week or preferably a month. Skipping around from prayer to prayer is fine to get a feel for each prayer, but is not a way to sustain one's practice. Staying with one prayer is freeing, with time, allowing one to memorize the words and thus will lead more deeply into the spirit of that prayer ...

The Rev. Ward J. Bauman, 2013